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Wellness: Just an IV away

Yaletown welcomes the city's first dedicated intravenous vitamin therapy lounge PAGE 3

'ENCLAVES ARE NOT GHETTOS'

DAY 3 OF METRO'S LOOK AT IMMIGRATION: NEWCOMERS BAND TOGETHER TO CREATE SUPPORT NETWORKS PAGE 9

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The Vancouver Canucks have axed president and general manager Mike Gillis, a day after being eliminated from playoff contention STORY, PAGE 25

DARRYL DYCK/THE CANADIAN PRESS FILE

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No playoffs, no payout

Canucks' woeful season a blow to city businesses

As the Vancouver Canucks' final playoff hopes fell apart at the hands of the Anaheim Ducks on Monday, businesses in the foodservice and clothing industries took the final hit of the night.

"It's been one disaster after another and my sales are worse than ever," said VancitySports owner John Czvelka. "This brings back memories of when they were struggling just to make it into the playoffs about seven or eight years ago."

A poor performance from the Canucks combined with not knowing if certain players are going to be traded both contributed to poor sales, Czvelka said.

Mike Jackson, manager of the Granville Sports Corner, said much of the same.

"It hasn't been a typical year, that's for sure," he said. "They're usually good to us and always make the playoffs, but this year it's been difficult."

Both Jackson and Czvelka are looking forward to the soccer season as Whitecaps sales are improving along with anticipated revenue from the approaching World Cup.

Ian Tostenson, president and CEO of the BC Restaurant and Foodservices Association, said the thousands of extra people no longer going downtown for the playoffs are going to hit the foodservice industry the hardest.

"We did a study about three years ago and came up with a really consistent number of about a million dollars a (playoff) game," he said. SAM SMITH/METRO

Patrons enjoy IV vitamin therapy at the IV Wellness Boutique in Vancouver. TWITTER

Swanky IV lounge not just for blue bloods

Vitamin therapy.
Treatment offers much more than a hangover cure: Specialist

EMILY JACKSON
emily.jackson@metronews.ca

With leather reclining chairs, soft lighting, indie music and flat-screen TVs, passersby might mistake the latest business to open in this swanky downtown Vancouver neighbourhood for a typical lounge or spa.

But they do a double take when they look through Yaletown storefront's windows to see plastic bags hanging from IV stands dripping fluids into customers' veins.

Welcome to the IV Wellness Boutique, the first dedicated intravenous vitamin therapy lounge in the city, and perhaps the country.

While naturopathic physicians around the world provide vitamin drips to help relieve ailments from stress to exhaustion to hangovers — superstar Rihanna even made them famous when she posted a picture of her "party girl drip" on Twitter in 2012 — the co-owners of this clinic believe it's the first with a social, spa-like atmosphere in Canada.

"We tried to take the clinical feel out of a clinic, we tried to make it really beautiful," naturopathic doctor Heidi Rootes said in between administering treatments Tuesday. "We want people to feel comfortable and relaxed."

It's a world apart from the city's other first clinic involving needles: the supervised injection site in the Downtown Eastside.

A typical 45-minute treatment costs $150 out of pocket or is covered under extended medical care plans. It must be administered by a physician or a nurse practitioner certified in the practice.

That may not seem relaxing for those who don't like needles, but "that's the biggest stigma, the whole idea of intravenous," said Rootes, who has administered the treatment for eight years.

What's in the solution?

Sugar, saline or sterile water base with preservative-free vitamins, minerals and/or amino acids

Rootes and co-owner Robin Szakacs want to focus on health benefits including energy boosts and back pain relief instead of a party cure, popular in Las Vegas, L.A. and Miami.

The risks are minimal, Rootes said. As with any needle, there's a risk of infection. People are pre-screened before treatment and the procedure is not recommended for those with kidney or heart disease.

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City on board as Canada adopts Housing First policy

New national strategy. Vancouver has long touted the model

MATT KIELTYKA
matt.kieltyka@metronews.ca

Two men sleep on the sidewalk outside Birks in Vancouver. ERIC DREGER/THE CANADIAN PRESS

Canada has officially adopted the Housing First strategy for tackling homelessness and mental illness after a convincing study was made public Tuesday.

The Mental Health Commission of Canada unveiled the results of it's At Home/Chez Soi program, proving that placing homeless people with mental-health issues into stable housing is not just the most effective way to address homelessness, it's also the most cost-effective.

The study found that 62 per cent of patients provided with immediate access to permanent housing stayed housed by the end of the two-year program, while only 31 per cent of people not housed were able to get themselves out of homelessness.

Another 22 per cent of participants that received housing first were reported to retain stable housing "some of the time" even if they didn't stay in permanent housing throughout the entire duration of the study.

The commission also found that every $10 invested in housing first services resulted in an average savings of $21.72 in health care, policing, judicial, social services and other societal costs.

The Housing First model has long been touted in Vancouver, with the city officially partnering on the project by providing space for supportive housing for 100 participants.

"The results of the project provide one of the strongest confirmations to date that a housing first approach is fundamental to ending homelessness," said Mayor Gregor Robertson in a statement. "We've made important progress on Vancouver's homelessness action plan, and I want to ensure we see it through. The success of the Housing First model shows that we're on the right track."

The study's biggest legacy, however, may be getting the federal government on board.

Minister of Social Development Candice Bergen announced the nation (which contributed $110 million into the At Home project from 2008-2013) was officially adopting housing first as policy beginning this month.

She announced Ottawa will invest $600 into the Homelessness Partnering Strategy over the next five years.

Former gang leader says he wanted peace before mass killing

In the months leading up to a mass killing in the Vancouver area that left six dead, including two innocent bystanders, former gang leader Michael Le says he met with a rival drug trafficker to broker a peace between their two groups.

Le, who has become a co-operating witness at the murder trial of two alleged gang members, testified Tuesday that he was the leader of the Red Scorpions gang, along with Jamie Bacon, who is still awaiting trial in the same case.

Bacon was concerned about another drug trafficker named Corey Lal, who had been slinging mud behind his back, Le testified.

So Le met Lal at a Starbucks in the summer of 2007 and urged him to stop antagonizing Bacon, Le testified.

"I told him basically don't (badmouth) Jamie and his guys no more and I would talk to Jamie to try to resolve the problem," Le told a secure courtroom, which was filled with victims' families, reporters and what appeared to be a high school field trip.

Within two months, Lal was dead — one of six people fatally shot in a highrise apartment in Surrey, including two men who were caught up in the violence.

Le, 29, had been standing trial along with Matthew Johnston and Cody Haevischer, but he pleaded guilty to conspiracy last November.

He was sentenced to three years and one month after time served, in a deal with the Crown that included his testimony at the current trial and at Bacon's.

Le's testimony is offering an unprecedented look inside one of the region's most violent street gangs and its alleged involvement in a crime that turned the region's gang war into a national concern.

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‘Tremendous ordeal.’
Family thanks responders after alleged attack, arson

The family of a mother and two children who survived an alleged attempted murder and arson in Langley last week are thanking responders and asking for privacy.

Loretta Cella released a public statement on behalf of victim Sonia Cella — who was allegedly assaulted in her own home by estranged husband Andre Harvey Richard on April 2 — and her children Tuesday through the RCMP.

“As you can imagine, our family is going through a tremendous ordeal,” she wrote. “We deeply appreciate all those who have reached out and offered their support. We would also like to thank all the emergency services ... for their unbelievable teamwork.”

Cella writes that a neighbour of the family — which is now homeless as their residence was burned down — has created a trust fund.

Charges

Richard, 44, is facing 13 criminal charges, including attempted murder, arson, break-and-enter, assault and breach of recognizance.

The family is also asking for privacy.

“As one can imagine with a tragedy such as this, we have experienced an enormous amount of attention,” Cella writes. “We are asking media and others to please respect our family’s wishes for privacy at this time so that we can begin our healing process.”

Sonia Cella, 40, and her 14-year-old daughter are expected to recover from their injuries. Her eight-year-old son was also in the home and escaped unharmed.

MATT KIELTYKA/METRO

NDP leadership race.
Horgan left unopposed as Farnworth bows out

The leadership race for the B.C. New Democratic Party appears to have turned into a coronation as Mike Farnworth quit Tuesday to throw his support behind John Horgan.

Farnworth told a news conference that the turn of events wasn’t what he had planned when he started.

“Yes, today marks the end of my campaign for B.C. NDP leader,” Farnworth said, adding that he and Horgan share a vision to unite the NDP and win the 2017 election.

Horgan, whose leadership campaign started with plenty of caucus support, said New Democrats work best when they’re together.

“Mike Farnworth, thank you so much. I couldn’t be prouder of him today,” said Horgan, the sole New Democrat seeking the leadership.

While the NDP’s leadership convention has been set for September, Horgan said party officials have told him that if no one else comes forward by the May 1 deadline, he will be affirmed as leader to replace Adrian Dix. THE CANADIAN PRESS

Driver killed, five injured in head-on collision with bus

A head-on collision involving a transit bus and minivan on Broadway in Vancouver has left one man dead and five others hospitalized. The incident occurred around 12:45 p.m. on Tuesday at the intersection of Broadway and St. Catherines. The sole occupant of the minivan was pronounced dead at the scene. Five passengers on the bus were sent to hospital with minor injuries. The driver of the bus was unharmed. MATT DESOUZA/METRO

Society must reconsider assisted suicide: Doctors

Right to die. Doctors of BC president says physicians should start to mentally prepare

SAM SMITH
vancouver@metronews.ca

Assisted suicide: two words that carry tremendously polarizing opinions.

It’s currently illegal in Canada, but in October a legal challenge led by the B.C. Civil Liberties Association (BCCLA) will go before the Supreme Court of Canada.

But whether you’re pro or not, the Doctors of BC — formerly the British Columbia Medical Association — is calling for a renewed discussion.

“It’s very important society has this conversation,” said Dr. William Cunningham, president of the Doctors of BC. “The feelings of society have changed since 10 years ago, and we need to once again decide as a community what we feel is right.”

Cunningham also believes doctors need to start preparing for the possibility of Canada legalizing physician-assisted suicide in the near future, even if it is just a mental preparation.

“It is an odd thing for a doctor to consider, as we’re all trained to take people from being sick and make them healthy,” he said.

Legal challenge

Gloria Taylor, who suffered from ALS (also known as Lou Gehrig’s disease), reignited the right-to-die debate before she succumbed to a severe infection in late 2012.

- Her lawsuit is being carried on by the BCCLA, Hollis Johnson and Lee Carter.

Grace Pastine, litigation director for the BCCLA, said physician-assisted suicide is a “deeply personal” decision that should be left to individuals, not the government.

“I think this is really an issue about real people,” she said. “People that are suffering at the end of their lives. People like Gloria Taylor who were trapped in unbearable agony in their dying moments.”

Alex Schadenberg, executive director of the Euthanasia Prevention Coalition, recently wrote against assisted suicide.

“When the euthanasia law is abused, it means that someone has died, who didn’t request it, who may have been coerced into it, who was depressed or mentally ill, or one of many scenarios that occur,” he said.

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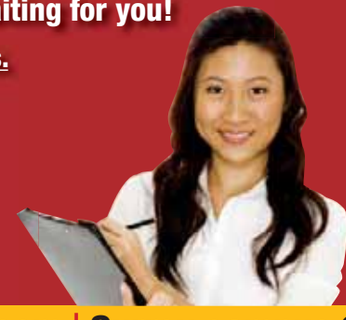

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School band programs face the music

The Roberts Education Centre in the West End on is seen on Tuesday. The school board recommends axing its adult-education program to make way for kindergarten classes. MATT DESOUZA/METRO

Preliminary budget.
Cost increases mean looming cuts for board

EMILY JACKSON
emily.jackson@metronews.ca

Play a swan song for elementary student bands, West End adult education and fresh paint in classrooms.

These are a few of the programs on the chopping block in the Vancouver Board of Education's preliminary operating budget for the 2014-15 school year as it attempts to balance its budget.

Even if it axes these programs the board will still be $12.34 million in the red, according to the report released Tuesday.

The board is legally required to balance its budget, so there will be tough choices ahead as the province has frozen per-student funding, board chair Patti Bacchus said.

More than 90 per cent of the board's funding comes directly from the province, 83 per cent of which goes to teaching-related expenses. Despite lower enrolment, costs keep creeping upwards due to hydro rates, medical plans, benefits and higher support staff pay, among other things, Bacchus said.

One of the least palatable cuts will be eliminating the band and strings program at 52 elementary schools.

"It's very popular, it has a great record," Bacchus said. There was an uproar the last time the board suggested cutting it, "but our budget has been pared down and down."

Ending the band program will save an estimated $630,651.

Bacchus also lamented the potential end to support positions, including speech pathologists and education psychologists.

The board also recommends cutting back on maintenance service to save nearly $500,000. Admittedly, school conditions are already "below appropriate standards."

One of the major cost savers will be moving the adult education program at the Roberts Education Centre in the West End to make way for kindergarten classes due to overflow from Yaletown. This cut prompted a petition signed by dozens of students trying to finish high school in this particular neighbourhood.

The board also recommends eliminating 23 full-time positions and scaling back class time by three days in fall 2014. (Students will get Nov. 12, 13 and 14 off to save $375,000.)

Four public consultation meetings will be held before the board votes on the budget on April 30.

Public consultations

- **April 14 at 5:30 p.m.** at the Education Centre
- **April 15 at 7:00 p.m.** at Mount Pleasant Elementary
- **April 16 at 8:00 p.m.** at the Education Centre (if required)
- **April 28 at 7:00 p.m.** at the Education Centre

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Pistorius: 'I sat over Reeva and I cried'

South Africa. An emotional Pistorius recounts details of girlfriend's shooting

A subdued Oscar Pistorius on Tuesday described dinner at home, chatting and looking at cellphone photos with Reeva Steenkamp on the last night of her life. Then he erupted in anguished howls and heaving sobs while testifying at his murder trial about the moments when he says he realized he shot his girlfriend through a closed toilet door.

The spectacle of what appeared to be a tormented man highlighted the drama of the runner's inspirational rise and sudden fall. The South African double-amputee captured the world's attention when he successfully fought for permission to run in the 2012 Olympics on his prostheses. The next year, he was facing charges for killing the woman he said he loved.

The court in Pretoria, the South African capital, adjourned because of the athlete's breakdown.

"I sat over Reeva and I cried," Pistorius said, telling how he broke open the stall door in his bathroom in the early hours of Feb. 14, 2013 to discover his bloodied girlfriend.

Pistorius said in statements that he shot Steenkamp after mistaking her for an intruder in his bathroom. The athlete said he felt fearful and vulnerable as he moved to the bathroom, walking only on his stumps.

The 27-year-old Olympian faces a life sentence with a minimum of 25 years before parole if convicted. The judge will deliver the verdict because South Africa does not have a jury system.

Earlier Tuesday, Pistorius denied three other charges against him relating to firing a gun in public on two occasions.

He said he wasn't to blame for a shot going off in a busy restaurant because a friend handed him an "unsafe" gun. THE ASSOCIATED PRESS

Pistorius' sister, right, cries in court. KIM LUDBROOK/THE ASSOCIATED PRESS

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Irish visit full of symbolism

Irish President Michael D. Higgins walks alongside Britain's Queen Elizabeth II at Windsor Castle on Tuesday. Higgins marked Ireland's first official visit to Britain since its independence, a symbolic gesture for the two countries with a troubled history. PETER MACDIARMID/THE ASSOCIATED PRESS

Protests

Tensions rise in eastern Ukraine

Ukraine's government struggled to stay in control of the country's eastern regions as tensions flared Tuesday in three cities.

While the government managed to recapture its regional headquarters and detain dozens of pro-Russian protesters in one city, it said "radicals" were keeping 60 people hostage and threatening them in another city.

Earlier Tuesday, authorities regained control over a government building in Kharkiv. Protesters were evicted and dozens detained. In Donetsk, a city further south, protesters dug in for their third day at a regional headquarters they captured on Sunday before declaring a parallel government.

All three cities are in Ukraine's east, where hostility is strong toward the government that took power in February after the ouster of Kremlin-friendly President Viktor Yanukovych.

The seizures of the buildings and calls for local votes on secession were an echo of the events that led to Russia's annexation of Ukraine's Crimean peninsula last month.

After Yanukovych fled to Russia, Russian troops took control over Crimea and the region voted to join Russia in a hastily called referendum. THE ASSOCIATED PRESS

See that symbol? It means you can scan this image with your Metro News app to see a video clip featuring more immigrants who've made Canada home.

Nations within a nation

The First Filipino Baptist Church of Toronto is a key gathering spot for the rapidly growing Filipino community in Canada's largest city. DAVE STARRETT/FOR METRO

The Story of Us
Immigration in Canada

Immigrants banding together. Tight-knit communities offer support to new arrivals

DAVE LANGFORD
Metro in London, Ont.

Cely Velez was 39 when she came to Toronto in 1997, leaving her home in the Philippines behind.

"My mom is here and she was not that young anymore," Velez said, adding that her lone sister lives in California with six children. "So for me, I wanted to be the one responsible for my mom's care."

Velez is the business administrator at the First Filipino Baptist Church of Toronto. Sitting in the heart of the city with a congregation of about 410 people, the church is a focal point for Toronto's burgeoning Filipino community — the fastest growing enclave of immigrants in the nation, one expert said.

Dr. Sandeep Agrawal, a specialist in ethnic enclaves at the University of Alberta, said recent years have seen a big influx of immigrants from the Philippines, "even superseding (those from) India and China."

A 2011 National Household Survey showed 662,600 persons of Filipino descent now live in Canada.

Agrawal said the Filipino enclave is replacing one of Canada's oldest communities — the Jewish enclaves in central Toronto.

Dr. Mohammad Qadeer, professor emeritus of urban and regional planning at Queen's University in Kingston, said there are two dimensions to ethnic enclaves.

The first is a "residential concentration of people" and the other is a combination of various facilities, commercial establishments and churches, which together comprise an ethnic enclave.

"The most concentrated residential groups are Jews and then Italians and then Portuguese," Qadeer said.

Ultimately, the communities within communities help more established immigrants support those who are newer to Canada.

Velez falls into the second category of enclaves — her work and personal life both revolving around the First Filipino Baptist Church.

"It's always church-related events," Velez said. "We usually go into each other's homes. That's very, very important for us."

Community

Enclaves booming in Canada

Call it Little Italy, Chinatown or Little Manila.

No matter the name, ethnic enclaves are important to the immigrant communities they support — and the cities they're in.

For the cities themselves, traditionally large urban ones like Toronto and Vancouver, enclaves help bring in tourists looking for an authentically exotic bite or a first-hand brush with another culture.

And, in many cases, those same tourists help newcomers succeed by frequenting the businesses where they work.

"Enclaves are very lively and they help support immigrant life in a number of different ways," said Dr. Sandeep Agrawal, from the University of Alberta.

In recent years, enclaves have started branching into the suburbs of major cities, and most of Canada now has enclaves of various shapes and sizes.

If you ask Agrawal, there's no real downside to that. But, enclaves have, in the past, been cast in a bad light.

A 2003 Statistics Canada report "measured ethnic enclaves as part of an isolation index, meaning those who live in enclaves are isolated and that enclaves are bad," Agrawal said.

A followup paper "debunked that myth," showing that the communities actually help people adjust and, eventually, thrive in Canada.

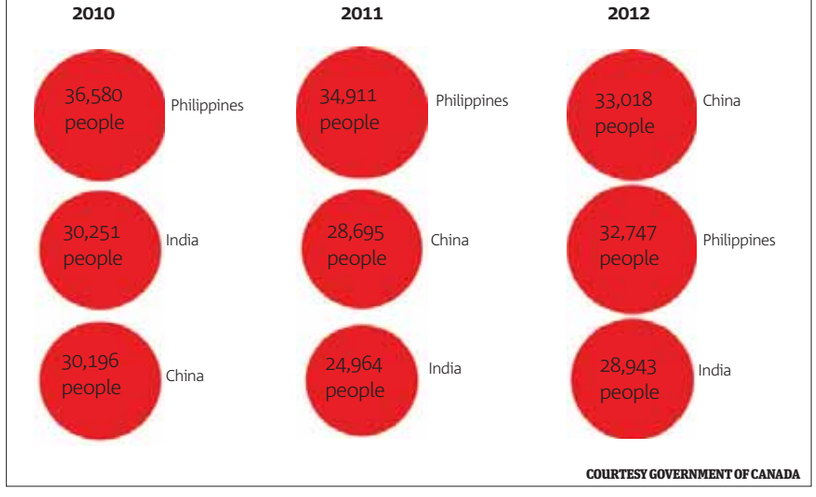
Another myth is that the words "enclave" and "ghetto" can be used interchangeably.

"Ghetto is an old word which is based on racial and economic exclusion," Dr. Mohammad Qadeer of Queen's University said. "A ghetto is also a large concentration of poverty.

"Enclaves are not ghettos."

DAVE LANGFORD/METRO

Where we come from



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As medical science grows, will noses, too?

Health. U.K. authorities have invested millions to stimulate research in the area of cutting-edge synthetic transplants

Dr Michelle Griffin poses for photographs with a synthetic polymer ear at her research facility in the Royal Free Hospital in London. In this hospital, scientists are growing noses, ears and blood vessels in the laboratory in an attempt to make body parts with stem cells. MATT DUNHAM/THE ASSOCIATED PRESS

In a north London hospital, scientists are growing noses, ears and blood vessels in a bold attempt to make body parts in the laboratory.

It's far from the only lab in the world that is pursuing the futuristic idea of growing organs for transplant. But the London work was showcased Tuesday as Mayor Boris Johnson announced a plan to attract more labs to do cutting-edge health and science research in the area.

While only a handful of patients have received the British lab-made organs so far — including tear ducts, blood vessels and windpipes — researchers hope they will soon be able to transplant more types of body parts into patients, including what would be the world's first nose made partly from stem cells.

"It's like making a cake," said Alexander Seifalian at University College London, the scientist leading the effort. "We just use a different kind of oven."

British authorities have invested nearly 4 million pounds ($6.7 million US) in the plan to stimulate research in the London-Oxford-Cambridge area. It aims to attract companies to the area to foster collaboration and promote research and manufacturing. A major centre for biological research will open in London next year.

THE ASSOCIATED PRESS

Day of Pink

DOING MORE THAN JUST COLOUR COMMENTARY

MICHAËLLE JEAN
27th governor general and commander-in-chief of Canada, co-chair of the Michaëlle Jean Foundation

Four years ago, my 11-year-old daughter Marie-Eden came home from school and started telling me — fast-paced, enthusiastic as can be — about the Day of Pink campaign. "You know, Mom," she said, "I need to take action when someone is not being treated right. I need to act, even if I'm not the one directly affected."

Marie-Eden seemed to have understood everything: the damage of discrimination, the importance of standing up to bullying, how to take concrete action, to make a difference.

I was floored.

As you know, I grew up in Haiti, in a country "draped in barbed wire," to use the words of my uncle, the poet René Dépestre. Under the dictatorship of Papa Doc, my family taught me that indifference to the predicament of others was not an option; that having a social conscience was paramount.

And here was my child, now in Canada, teaching me the same lesson.

Since that time, I have participated in the Day of Pink and met the Jer's Vision team. I have seen the transformative power of their work. I have seen how children and teens have gained a vocabulary, new ways to act and new tactics to show solidarity with the vulnerable. The campaign is working. And that's why I believe in the urgent spread of this kind of intervention.

Bullying, harassment, prejudice and abuse are still rampant. Today, suicide is still the second-leading cause of death for people aged 10 to 24 in Canada — just behind accidents. And it remains the leading cause of death among sexual-minority youth.

That is why I have chosen to work through the Michaëlle Jean Foundation on what we have dubbed the 4th Wall Youth Solidarity Project. With the Art Gallery of Ontario, Jer's Vision and 50 human rights and health organizations, we are encouraging Canadians to show vulnerable youth from Canada's Two-Spirit and LGBTQ communities that they are not alone; that we care; that we want them to feel included.

Six lucky young artists will be awarded a cash prize, a free trip to Toronto and an opportunity to have their work featured in a high-profile exhibition at the Art Gallery of Ontario, to mark World Pride 2014.

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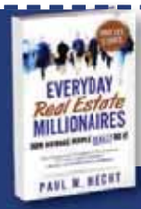

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Official says underwater 'pings' relocated

Feng Zhishang cries at a hotel in Beijing on Tuesday as his family marks the birthday of his son, a passenger on board Flight 370. THE ASSOCIATED PRESS

Flight 370. Australian navy once again detects sounds that sparked hopes of a breakthrough in hunt for missing airliner

An Australian official says equipment on a ship searching for the missing Malaysian jet has relocated an underwater signal that is consistent with a plane's black boxes.

Angus Houston, the head of a joint agency co-ordinating the search in the southern Indian Ocean, said on Wednesday that the Australian navy's Ocean Shield has picked up two more underwater signals that could be from Flight 370.

The Ocean Shield first detected the sounds late Saturday and early Sunday before losing them, and Houston said the ship relocated the signals twice on Tuesday.

The ship is equipped with a U.S. Navy towed pinger locator that is designed to pick up signals from a plane's black boxes.

At a hotel in Beijing, around 300 relatives of the flight's passengers — most of whom were Chinese — waited for information about the plane's fate. One family lit candles on a cake to mark what would have been the 21st birthday of passenger Feng Dong, who had been working in construction in Singapore for the past year and was flying home to China via Kuala Lumpur.

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hwy / city 100km ^ 7.0L/10.0L
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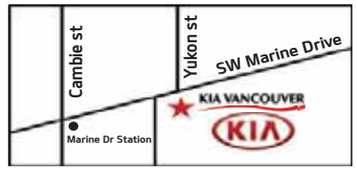

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Chicago airport. WWI artillery shells found in teens' checked baggage

The two World War I artillery shells discovered by baggage screeners in checked luggage that arrived on a flight from London at Chicago's O'Hare International Airport. TRANSPORTATION SECURITY ADMINISTRATION/THE ASSOCIATED PRESS

Baggage screeners at Chicago's O'Hare International Airport have discovered two World War I artillery shells in checked luggage that arrived on a flight from London.

The Transportation Security Administration says the bags belonged to a 16-year-old and a 17-year-old who were returning from a school field trip to Europe.

TSA spokesman Jim McKinney says a bomb disposal crew determined the shells were inert and no one was ever in danger.

The teens told law enforcement they obtained the shells at a French World War I artillery range. It was not clear how. TSA explosives experts believe they are French 77 mm shells.

They were seized Monday evening while the teens were transferring to a flight to Seattle.

The teens were questioned then allowed to travel onward. They weren't charged.

THE ASSOCIATED PRESS

Texas

Woman calls cops to complain about buying bad weed

Police in East Texas arrested 37-year-old Evelyn Hamilton after she called them to complain that the dealer refused to return her $40 US after she objected that the marijuana she had purchased was "seeds and residue." She pulled the small amount of pot from her bra when the officer asked if she still had it. THE ASSOCIATED PRESS

Kansas

Man posed as dead brother to avoid child support

A judge in Kansas has upheld the convictions against a Canadian man who posed as his long-dead brother to escape child support obligations and drunken driving charges. Leslie Lyle Camick, 58, used the name of his brother, Wayne B. Camick who died at 3 1/2 months old in 1958.

THE ASSOCIATED PRESS

‘Chicken cup’ cracks auction record

The Meiyintang “chicken cup” from the Chinese Ming Dynasty (1368-1644) is displayed during a press conference in Hong Kong on Tuesday. Sotheby’s said Shanghai collector Liu Yiqian won the bidding for the cup. Including the auction house’s commission, the price for the small cup comes to $36.1 million US, which Sotheby’s said is a world record price for Chinese porcelain. The small white cup, which measures just 8 centimetres in diameter, is more than 500 years old. The vessel is known as a “chicken cup” because it’s decorated with a rooster and hen tending to their chicks.

VINCENT YU/THE ASSOCIATED PRESS

Copyright. Hollywood studios sue Megaupload

Hollywood studios are suing the defunct file-sharing website Megaupload and its founder, Kim Dotcom, claiming the website facilitated massive copyright infringement.

The lawsuit was filed Monday in federal court in Alexandria, Va., seeking unspecified damages.

Megaupload and Dotcom already face criminal charges for copyright infringement, but Dotcom, a New Zealand resident, has been fighting extradition since his 2012 indictment.

Dotcom, who had his name changed from Kim Schmitz, has accused prosecutors of acquiescing to the Hollywood lobby. THE ASSOCIATED PRESS

Greenpeace

P&G changes palm oil policy after protests

The Procter & Gamble Co. has updated its policy on palm oil following high-profile protests by Greenpeace at its Cincinnati headquarters.

The world’s largest consumer products company said Tuesday that it has adopted a “no-deforestation” policy for its palm oil supply. The new goals go beyond its existing policy and aim to ensure its products do not contribute to deforestation. The company said it will work with suppliers and others to ensure it meets this goal by 2020. It will also establish traceability of its palm oil related supply by 2015.

THE ASSOCIATED PRESS

Market Minute

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JUST SAYIN'

Paul Sullivan
metronews.ca

Feeling foolhardy? Not taking enough risks? Looking for a death-defying experience?

Try texting while you drive. It could be the most dangerous thing you can do.

According to the CAA, you are 23 times more likely to be in a crash or near-crash compared with non-texting drivers.

Driving while texting is six times more dangerous than driving while intoxicated, according to the U.S. National Highway Traffic Administration Safety Administration; in B.C., where I live, there were 81 deaths in 2012 from distracted driving, compared to 55 from impaired driving.

I can keep throwing stats at you. But I should stop now and concentrate on my driving.

And so should you, if this morning's commute is any indication. Here's just a sample of the things we did in traffic today:

While travelling at least 60 klicks an hour, a woman in a Range Rover had the visor down and appeared to be putting on makeup while talking to her friend on her hand-held. As far as I can tell, the Pomeranian in her lap was doing the driving.

A line of people stopped at the red light appeared to be deep in prayer, so deep that the light changed and nobody noticed. Their faces were bathed in a strange, blue glow.

Soccer mom policed a van load of kids while talking on her hand-held. Yikes.

And it was breakfast time in the fast lane: muffins, very hot coffee, lip-searing burritos and sandwiches, assorted Tupperware from home, apples, oranges, bananas — oh my.

Any one of these distractions has a well-documented effect on your attention span. Yet we continue to drive through a multi-tasking medley of contortions. Our cars do double duty as kitchens, bathrooms, media centres and bedrooms (pets included).

What's interesting is that with the exception of hand-held devices, most of this nonsense is not cut-and-dry illegal.

"Excuse me, ma'am, but that's a $167 fine for driving with a Pomeranian in your lap. You're lucky it wasn't a Great Dane."

Nevertheless, it's dawning on governments that unless they do something soon, we won't make it through rush hour.

In British Columbia, which has some of the toughest drunk-driving laws in North America, the attorney general is aghast that, with one-third the population, it has more distracted-driving deaths than Ontario.

Maybe that's because Ontario has already jacked up its distracted-driving fine from $155 to $280. In an amusing touché, it goes to $500 if you contest it and lose, which should clear up a lot of nuisance court cases.

B.C. will probably raise its fines soon, and may even attach points to licences. Yet you have to wonder if enforcement is the answer. The province issued 51,000 tickets for distracted driving last year, but if this morning's circus on wheels is any indication, no one has noticed.

Their "minds" are elsewhere.

ZOOM

Seeing is revealing

COURTESY LIU BOLIN/SCREAM GALLERY

Artist blends into his surroundings

Glance at it and you'll see nothing remarkable, but take a closer look and you can spot the figure of a man standing in the background. Behold Liu Bolin, the globally renowned Chinese artist gifted with the uncanny knack to use body paint to blend into any backdrop. His first solo exhibition in the U.K., The Heroic Apparition, is open at London's Scream Gallery until May 10. METRO

Artist's viewpoint

"Each one chooses his or her path to come in contact with the external world. I chose to merge with the environment."

Liu Bolin, 41, artist based in Beijing
At a recent TED conference, Bolin said: "By making myself invisible, I try to question the inter-cancelling relationship between our civilization and its development."

A silent protest against the state

While his camouflage technique speaks of eccentricity, Bolin's message behind his artwork is in fact solemn and political in tone — a "silent protest against the state" for Chinese authorities' crackdown on artists. "I am standing, but there is a silent protest, the protest against the environment for the survival, the protest against the state," he said in a statement.
METRO

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MetroTube

Subway ride gets riled by a rat

ANDREW FIFIELD
metronews.ca

Now, you may be tempted to dismiss the old saw that New Yorkers are a hardy bunch after watching this clip of a subway car packed with supposedly indomitable souls losing their minds over a single wayward rat. But don't be so swift to judge. Upon closer inspection, you'll notice that there isn't a single pant leg tucked into a single sock anywhere on this supposedly panic-filled car. We bet you don't feel so tough now. Those New Yorkers, man. Resolute.

GARY STEVENS/FLICKR

metro

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Taken with a bird's-eye view

Feathers in filmdom's cap. Rio 2's macaw Tyler Blu latest bird to vie for a perch in Hollywood's avian pecking order

IN FOCUS
Richard Crouse
scene@metronews.ca

Tyler Blu Gunderson, voiced by Jesse Eisenberg, has his second big screen outing this weekend in Rio 2. CONTRIBUTED

Hollywood's two most famous birds must be Donald Duck and Woody Woodpecker. Between them they've starred in almost 300 films.

This weekend Donald and Woody are joined by Tyler Blu Gunderson, a rare male Spix's macaw, voiced by Jesse Eisenberg making his second big screen appearance in Rio 2. He's joined by a cast of fine feathered friends, including a yellow canary (Jamie Foxx), a rapping red-crested cardinal (will.i.am) and a sulphur-crested cockatoo (Jemaine Clement), as they leave their home in Rio de Janeiro for the Amazon rainforest.

The colourful co-stars in Rio 2 are animated, which makes them a much more agreeable lot than Tippi Hedren's castmates in her most famous movie. In the Alfred Hitchcock film The Birds, she plays a wealthy socialite visiting Bodega Bay in Northern California when hundreds of ravens, seagulls and pigeons begin viciously attacking the townsfolk.

Some of the birds were props, but many of them were all too real. Actors with ground meat and anchovies daubed on them to entice the birds escaped with nips and scratches but Hedren took the worst of it during the shooting of the movie's famous attic scene.

She had been told mechanical birds would be used in the sequence that sees her trapped in a small room while birds attack her. When she arrived at the shoot she saw a cage built around the set and realized the plan had changed.

For a week, real birds were thrown at her by stagehands. Pecked and scratched by birds attached to her by elastic bands she screamed and sobbed as one of them gouged her eye. It was such a traumatic sight, Cary Grant, who dropped by the set to say hello, said, "You're one brave lady."

It's no wonder Hedren chose Marnie, and not The Birds, as her favourite Hitchcock leading role.

As distressing as the shoot for The Birds might have been, the movie is now considered a classic.

That can't be said for a film inspired by Hitchcock's avian terror.

Birdemic: Shock and Terror director James Nguyen says the inspiration for his movie dates back to 2006 when he saw a flock of seagulls flying toward him at Half Moon Bay south of San Francisco. The sight reminded him of Hitchcock's film, but he thought, "What if I make a movie where instead of seagulls and crows, it's birds of prey? There's nothing more shocking than eagles and vultures."

The self-financed film took four years to finish and laid an egg in theatres before it became a cult hit as one of the worst films ever made.

When asked what Hitchcock would have thought of Birdemic, Nguyen told Empireonline.com, "I think Mr. Hitchcock would forgive a lot of its imperfections and say, 'James, you did what you could. Do another one and try to do it better.'"

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Actor is living a teenage dream

Tye Sheridan. At 17, this young thespian has already starred opposite a handful of Oscar winners

NED EHRBAR
Metro World News in Hollywood

Tye Sheridan stars in the darkly comic tale Joe, alongside Nicolas Cage. CONTRIBUTED

Tye Sheridan may be one of the busiest teenagers in film. After an attention-grabbing start in 2011's The Tree of Life and 2012's Mud, 17-year-old Sheridan now stars in Joe — David Gordon Green's offbeat, darkly comic tale about a teenager (Sheridan) who befriends a surly ex-con (Nicolas Cage). Plus, Sheridan has four more films in the can, all set to come out this year. Somebody's a bit of an overachiever.

You got to take this film to a bunch of international festivals last fall. How did the reactions differ?
It's weird watching it with a foreign audience because they don't get a lot of the American humour. It's not just this demented, dark drama. When we screened in Venice or Deauville (I can't remember which), I was sitting on the second balcony, so I could see down into the audience and there was a group of old ladies that came to see the film and when [Nicolas Cage] beats up the wino, six old ladies just get up and walk out of the theatre. It was kind of funny to watch.

What are you looking for in future roles?
I don't know, anything that gives me a challenge. Anything that I have passion for, that I love the material. I worked on a film called Grass Stains last summer with a writer-director named Kyle Wilamowski, and he's been working on this for, like, eight or nine years, and this is his first feature. It's always fun to work with someone like that because you know they've put their heart and soul into the project. I love doing small, independent stuff because this is what people really care about. And I just did a film called Dark Places. It's an adaptation of a novel by Gillian Flynn. My character is convicted of murdering his family, so it's going to be really dark. He's kind of satanic, too.

Is there ever any consideration about your age as far as what subject matter is OK and what isn't?
You know, that's one of the coolest things about acting, I think, that you can be someone you're not. I mean, that's not you on the screen. Some of these characters are nothing like me. I'm not violent at all. I've never been in a fight. And it's like, every film that I've been in I've gotten into some kind of fight. It's cool because it gives you a challenge and you get to experience things that you normally wouldn't in your own personal life.

And it tells you a lot about how people perceive you.
Yeah, definitely (laughs).

You've already worked alongside the likes of Nicolas Cage, Matthew McConaughey, Brad Pitt. Any dream co-stars still on your list?
I want to work with James Franco, just because he's such a mystery man, you know? What is he? Is he a director, a writer, an actor? An artist? He's a cool guy.

One to watch

- **Born.** November 11, 1996 in Elkhart, Texas.
- **First feature film.** Tree of Life, where he starred alongside heavyweights Brad Pitt and Sean Penn.
- **Next up.** Tye Sheridan just finished a film called Dark Places with Charlize Theron and Chloe Grace Moretz.

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Lindsay Lohan ALL PHOTOS GETTY IMAGES

Perhaps LiLo should lie low and not go to Coachella with her mom

Lindsay Lohan insists she's back on the straight and narrow with her sobriety, despite slipping and having "one glass of wine" shortly after her last stint in rehab. But folks in her inner circle think her plans to attend the rowdy Coachella music festival in the California desert — especially with party-happy mom Dina Lohan along for the ride — is a terrible, terrible idea, according to Radar Online.

"Lindsay should not be going to Coachella. And having Dina with her isn't really making anyone feel comfortable that she will be a good chaperone. It's a big alcohol and drug festival and it is the last place that Lindsay should be," a source says.

"Lindsay swears that she'll stay sober, but Coachella is a huge party and there are going to be so many temptations for her. Everyone is really worried about her."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Scarlett adds nickname insult to sexy inquiry injury

Whatever you do, never call Scarlett Johansson "ScarJo" to her face, as the Captain America: the Winter Soldier star can't stand the nickname.

"I associate that name with, like, a pop star," she tells Glamour magazine, saying that the nickname "sounds tacky. It's lazy and flippant. There's something insulting about it."

That's not the only grievance she airs in the interview, as Johansson also takes on the long-standing double standards of Hollywood for men and women.

"Actresses get stupid questions asked of them all the time, like, 'How do you stay sexy?' or 'What's your sexiest quality?' All these ridiculous things you would never ask a man."

METRO WORLD NEWS

Kirsten Dunst

Kirsten rides into mother lode of controversy on knight in shining armour

Kirsten Dunst is causing a bit of an uproar with her thoughts about traditional gender roles. "I feel like the feminine has been a little undervalued," she tells the U.K. edition of Harper's Bazaar in an interview.

"We all have to get our own jobs and make our own money, but staying at home, nurturing, being the mother, cooking — it's a valuable thing my mom created. And sometimes, you need your knight in shining armour. I'm sorry. You need a man to be a man and a woman to be a woman. That's why relationships work."

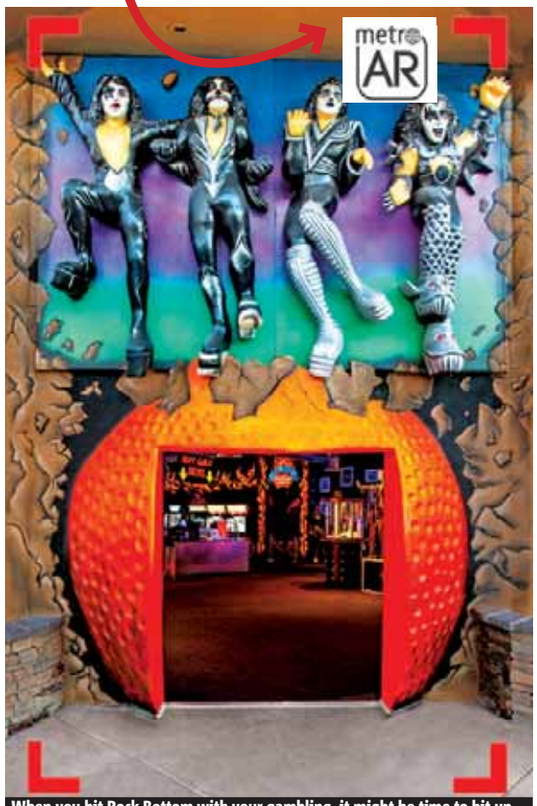
See that symbol? It means you can scan this image with your Metro News app to see a video of Kiss performing their song Detroit Rock City

LIFE 3

God gave rock 'n' roll to you

KISS gives you this. The painted rockers are getting inducted into the Rock and Roll Hall of Fame, so why not celebrate with a tour of some KISS-themed attractions?

STEVE GOW
life@metronews.ca



When you hit Rock Bottom with your gambling, it might be time to hit up the KISS-themed mini golf course in Las Vegas. CONTRIBUTED

On Thursday, one of the biggest rock acts in the world is finally being inducted into the Rock and Roll Hall of Fame.

But if fans of KISS can't make it to Brooklyn's Barclays Center for the ceremony, not to worry — there are many other ways to honour the face-painted performers whose career has spanned four decades. Here are a few other innovative KISS attractions in North America:

Plaster Caster

Niagara Falls may boast brilliant views of one of the natural wonders of the world but if you want waxy replicas of relentless guitar gods, Rock Legends Wax Museum at the top of carnival-esque Clifton Hill presents plaster casters of KISS as one of its most sought-after spectacles.

Calling Dr. Love

There are countless wedding chapels in Las Vegas but only one offers a fire-breathing Gene Simmons impersonator to stand as your Sinister Minister.

The Hotter Than Hell Wedding Chapel in Las Vegas features concert-atmosphere nuptials on a KISS replicated stage (complete with fog machines), concert ticket invites and a live webcast. Even the real Gene Simmons has popped in and joined newlyweds as a witness. Visit kisswedding-chapel.com.

Walk the Rock

Sure, Grauman's Chinese Theatre in Hollywood is where fans can compare their handprints in cement with those of Tinseltown's biggest actors, but a few miles away at Guitar Center's Rockwalk on Sunset Boulevard, hard rock devotees can measure their mitts against their favourite KISS member.

Step inside the Hollywood landmark and check out Paul Stanley's "Iceman" guitar and boots on display. Visit rockwalk.com.

KISS even has their own Arena Football League team in L.A. CONTRIBUTED

Gods of gridiron

Earlier this month the team Los Angeles KISS debuted in the Arena Football League. Not just an incidental moniker, the squad is co-owned by Gene Simmons and Paul Stanley and they're not afraid to show it in uniforms designed with flames and the band's iconic logo. Games will even feature rock bands stoking up lulls in play ensuring that the Gridiron Gods of L.A. rock 'n' roll all night ... and party every game. See lakissfootball.com.

Putt it Out Loud

Just when mini-golf couldn't get any more exciting, now at the KISS by Monster Mini Golf in Las Vegas, fans can play golf on a well-designed glow-in-the-dark 18-hole course while hits like Detroit Rock City blast over loudspeakers.

Who doesn't want to ace a hole-in-one by putting up the extended tongue of an enormous Gene Simmons head? Surprisingly, it's actually popular for kids' birthday parties. Visit monsterminigolf.com/kiss.

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Las Vegas loves quaint home cooking

From swank cuisine to shrimp and grits. Tourists sick of high-end fare are flocking to a simple diner with a Southern touch

Eat sits on the ground floor of a nondescript motel-style apartment complex. THE ASSOCIATED PRESS

You might not expect to find farm-to-table dining in Las Vegas. But that's exactly why tourists are lining up at a rundown corner a few blocks near the old casinos in the town's seedy core.

It takes visitors arriving by cab a few minutes to locate the nouveau diner Eat on the ground floor of a motel-style apartment complex that rents rooms by the month and looks like a place where a down-on-his-luck crime caper hero might live.

But this is Las Vegas' first neighbourhood restaurant with an emphasis on freshness and locally sourced ingredients.

Eat has been a favourite among locals since it opened two years ago, when more than 100 people lined up to get their first taste. Chef and owner Natalie Young temporarily closed the restaurant that first night to regroup.

She conceived the restaurant as an antidote to the caviar-drenched, truffle-infused upscale restaurants most commonly associated with Sin City. She spent more than a decade working at some of the Strip's fanciest venues, including the restaurant at the top of the ersatz Eiffel Tower. At Eat, she's kept the linen napkins, but chucked the overheated menu descriptions and steep prices.

"There's enough Vegas in Vegas," she said, raising her voice a little to be heard above the buzz of a typically packed morning at Eat.

The menu is small, with a Southern accent, and it's closed for dinner. Breakfast offerings include buttery cinnamon biscuits served with berries piled on top, free-range eggs any way you like, and pillowy beignets with seasonal jam and mascarpone.

For lunch, there are salads, sandwiches on thick toasted bread, shrimp and grits, and the best grilled cheese in town.

There can be a two-hour wait for a table on weekends — though it's more like 15 minutes on weekdays.

The place tends to be noisy, and that's by design. The ceilings are high, the tables are spread out, and there is no Wi-Fi, to encourage diners to interact with each other.

Quoted

"There's enough Vegas in Vegas."

Eat's chef and owner Natalie Young on the need for less fine dining fare and more simple cuisine in Las Vegas.

For locals, there's another major appeal: You can walk there.

Other cities take for granted the ability to stroll from lunch to a store to a cafe, but until recently in Las Vegas, residents have been forced to choose between driving to strip malls or braving the sprawling indoor mall that is a modern casino.

Now, however, downtown Vegas is starting to cohere into the city's first traditional neighbourhood. Within the past 12 months, a critical mass of boutique restaurants has moved downtown, a novelty in an area long dominated by the Heart Attack Grill, where people who weigh over 350 pounds (about 160 kilos) eat free.

THE ASSOCIATED PRESS

Try buttery cinnamon biscuits topped with berries.
THE ASSOCIATED PRESS

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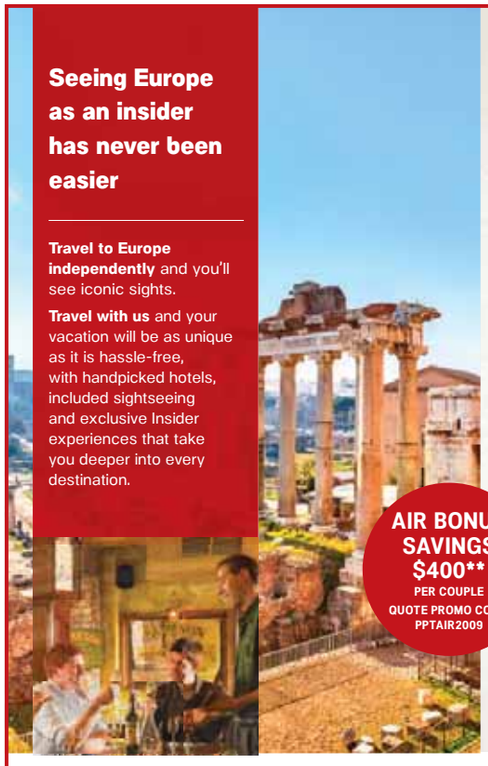
More and more city folk are finding the purr-fect stress buster wears fur



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Cat cafés. Felines feature first at this cosy London tea room

Would you like some kitten with your coffee?

Feline company is exactly what one of London's newest cafés is offering — and stressed-out city-dwellers are lapping it up.

"People do want to have pets and in tiny flats, you can't," said café owner Lauren Pears, who opened Lady Dinah's Cat Emporium last month in an area east of the city's financial district. "There's not many places in London you can just curl up with a book and chill out with a cat or two on your lap," she said. "I think that's what our success is down to."

"I can see how this would be good for someone lacking company," said customer Sara Lewis, as she stroked a cat sitting on her lap. "It's the best idea ever."

The cosy English tea room, named after Alice's cat in Alice in Wonderland, charges customers £5 pounds ($9.15) for two hours of kitty company. Coffee and afternoon tea — sandwiches, cakes and scones — are on the menu at an additional cost.

Lady Dinah's opened March 1, and is fully booked until the end of June.

Pears raised more than £109,000 ($200,000) through a crowd-funding campaign to get the café up and running. Despite more than a year of planning permission delays and figuring out how to maintain health and safety standards, she says the hard work has been worth it.

The 11 resident kitties were donated by people who could no longer look after them. Kitty welfare is paramount: The cats get regular breaks away from people, and staff have been trained by animal behaviourists to care for them.

Lisa Vann brought her 8-year-old daughter, who has learning difficulties, to Lady Dinah's for a playdate. "She's delighted to be here," she said.

The animal café craze shows no signs of slowing, with establishments now open in London, Vienna and Paris. A dog café, House of Hounds, is scheduled to open in London later this year.

THE ASSOCIATED PRESS

Cats and caffeine: Do you need anything else? THE ASSOCIATED PRESS

Japanese origins

Cat cafés first took off 10 years ago in Japanese cities, where many people live alone in cramped high-rise apartment blocks that don't allow pets. Making feline friends became popular therapy for lonely or anxious workers.

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Bucket List

Bermuda

Get a head start on summer — and your tan — with a quick escape to Bermuda. May-June is the perfect time to visit. So often confused with Bahamas and Barbados, Bermuda is a connect-the-dot maze of islands in the Atlantic Ocean, on the same latitude as South Carolina. With a temperate climate, as opposed to a tropical one, this paradise is more than just the baggy shorts and big onions it is commonly associated with. Coral walls and white roofs mimic the sand and clouds, while left-hand drive and roundabouts remind you of the island's British roots, as does the buttoned-down vibe, reminiscent of the colonial past. WestJet flies non-stop from Toronto in three hours, often for under $400 return (taxes included). Visit GoToBermuda.com. DOUG WALLACE/METRO

Creating happiness through travel

Real-life tours.
Founder of G Adventures talks about authentic tripping and the positive impacts it can have

ON THE MOVE
Loren Christie
life@metronews.ca

From left, chief experience officer Joseph and drivers Richard and Walter on a G Adventures safari camping trip in Kenya. Part of the company's mandate is to create jobs for locals in the areas in which it operates. LOREN CHRISTIE/METRO

Last month, my spouse and I took our 18-year-old nephew, Jake, to Kenya on a safari camping trip with G Adventures.

I'm sure we saw every possible animal from zebras and hippos to lions and leopards. Our merry band of fellow campers included people aged 18 to 73 from all corners of the earth.

In addition to the spot-on logistics, I was impressed with how we connected to the communities in which we travelled during the tour. I asked author and G Adventures founder Bruce Poon Tip how he made this Canadian company into a global success.

What makes G Adventures different?
We believe in wealth distribution by creating jobs and taking people into unique parts of the world, areas that would not normally benefit from tourism — staying with a nomadic tribe in Mongolia, a rainforest community in the Amazon or on a ranch in Iceland. We aim to create jobs and tourism benefits in areas that wouldn't normally get to see that. We are a true global travel brand. People from 160 countries booked trips with us in the last 18 months.

Your vision is very clear.
We're about changing people's lives and creating happiness and community on a global scale. Any company can do it, we just choose travel as the vehicle to deliver our core values. We have invented departments like G force that travel and do leadership and purpose camps all over the world. I have people in Africa, Asia. They all have to buy into a specific set of core values. So we need to recruit differently, train differently. We have to build a business model around achieving happiness. I spend a lot of my time rallying our people to deliver our service message.

Who do you cater to?
We are a company that has relied on psychographics versus demographics. Today people suspend their beliefs and go to an all-inclusive compound or go on a cruise, yet when they come home they recycle, use low wattage light bulbs or eat organic. While on vacation they forget to care about the country they are in.

Our travellers have a different mindset. They want holiday time to represent the way they live their life and to have a positive impact on the world. If you want the comforts of home, please stay at home. Watch Africa on TV. Why not feel like you are in another country?

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Giving the job your all and then some

Can you over-deliver? Four ways that you can exceed everyone's expectations at work

SIDNEYEVE MATRIX
TalentEgg.ca

High performers can be counted on to deliver value — day in, day out. In fact, superstar talent tends to exceed expectations regularly, and that's how they get noticed by the powers that be. The truism, "under promise, over-deliver" has merit.

Even if the "promise" part is out of your hands because your position comes with an assigned task list, it's always possible to exceed expectations. Here's how you can practise over-delivering this week to shine at work.

Innovative ideas arise when you shift mindsets and run full speed ahead in your client's shoes. ISTOCK

Think outside the box

Coming up with brand new creative ideas, or fresh combinations of existing ones, adds value to a business, project or unit.

Think more creatively by getting out of your comfort zone and gaining new perspectives. Strike up conversations with those outside your field or market, ask questions and listen carefully to the responses.

"Fall in love with your customers' problems," not your solutions, advises Andrew King of the University of Virginia, and you'll be well-positioned to come up with saleable ideas and solutions based on existing needs.

Once you have some fresh new ideas, test them with a bit of research, then practise your pitch for team members, supervisors, or senior management.

Volunteer for extras

There are some tasks no one puts their hand up for. Be the one to get your hands dirty.

Whether you are an entrepreneur, an intern, a middle manager striving to climb a corporate ladder, or even the CEO, this one's for you.

"Do the jobs no one else wants to do," advises LinkedIn author Creel Price, "tackle tough or inglorious tasks without complaint or promise of reward" and you'll demonstrate your strong work ethic and leadership mindset.

And while you're at it, stay on alert for the pet projects that come down from the C-suite and grab ahold of those high-visibility opportunities.

Step up, own it, stand out

Differentiate yourself by delivering exceptional work products and performance, above and beyond expectations.

Too busy or slightly unmotivated? At those times, the secret to feeling optimistic and inspired at work is adopting what Harvard Business Review author Heidi Grant Halvorson calls a "promotion focus" — a mindset concentrated on racking up the accomplishments and achievements that will get you noticed.

One easy way to find those promotional opportunities is to be on the lookout for tasks or projects you can take ownership of.

Own it, do it and establish a reputation as the problem solver, "the one your boss associates with getting things done," advises Tim Murphy.

In the process you'll increase your value to the organization and your job security.

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How Polkaroo put me on the right path

From host to the most.
As TalentEgg.com launches its exciting Challenges platform, one Egger tells her own tale of working toward greatness

LEAH RUEHLICKE
TalentEgg.ca

TalentEgg contributor and friend to Polkaroo, Leah Ruehlicke.
CONTRIBUTED

When I was about 10 years old, I decided my goal in life was to be a TVO Kids host. Thirteen years, one university degree and 25 pairs of jeans later, this remained my life ambition.

So, after helplessly sending out resumé after resumé and putting in way too many hours into a job I couldn't care less about in order to pay those bills, I decided perhaps this was life's way of telling me to chase that dream.

I signed up to volunteer with Ontario public broadcaster TVO, and when they offered me a gig timing a ping-pong tournament with Polkaroo, I figured this was the breakthrough I had always been waiting for.

I went. I wore my bright green T-shirt with pride and ran that stopwatch like my life depended on it.

I smiled at people. I even talked to some — and in doing so I ended up meeting my current boss. Fast forward one year, and I'm happily employed in an industry I never thought I'd be in. I'm not a TVO Kids host — but in pursuing that dream my ambitions changed into something completely unexpected and even more exciting.

I now work somewhere that challenges me, inspires me and makes me think. And I owe it all to Polkaroo.

I also owe it all to allowing myself to stand out. That, to me, is exactly what Challenges is all about. I know the pain of the job hunt. It sucks.

For entire year I questioned everything; whether or not I pursued the right degree or if I wasn't as smart as I thought or if I had chosen to live in the wrong city; if people thought I had a weak mind and flat hair and if I had only bought the more expensive blazer maybe the interviewer would've taken me more seriously.

I felt discouraged and sad and hopeless because at the end of the day I simply didn't know how to stand out.

Beating my employment challenge meant throwing myself at a dream I had cherished for more than a decade, not knowing what would happen.

Challenges offers that same potential, without all of the uncertainty that goes with it. It gives students and recent grads the chance to show that they are thought leaders, driven, willing to try something new and put their all into a project.

It's exactly the kind of opportunity you need as you prepare to navigate the school-to-work transition.

What is Challenges?

TalentEgg Challenges will give young people the opportunity to demonstrate and verify their skills — helping them prove to employers that they have what it takes to be valuable employees.

- Students and grads can tackle relevant online Challenges presented in partnership with innovative brands and employers.
- After completing a Challenge, participants receive a review of the skills and experiences gained, which can easily be added directly to their resumé and LinkedIn profile. Top performers in each Challenge will also be eligible for a range of prizes.

Visit talentegg.ca/challenges for more details.

Augmented Reality

See that symbol? It means you can scan this image with your Metro News app to see one of the amazing things you can do with Augmented Reality

Are you ready to take on Metro's AR Challenge?

If you're a student or recent grad, you know the Get Your First Job catch 22: No one wants to take a chance on you because you have no real world experience. And unless someone gives you a job, you can't gain that experience.

That's why Metro is pumped to partner with TalentEgg in an exciting Challenge designed to give every entrant an opportunity to show what they can do.

The Challenge: Show us a compelling and innovative way Metro can use our new Augmented Reality (AR) technology to bridge the printed and digital worlds.

The Prize: A $500 Future Shop gift certificate, and the chance to see your idea implemented, engaging 1.8 million readers in all 10 Metro papers from Halifax to Vancouver.

We're looking for the big idea that will resonate with our Millenial audience and will reflect the Metro brand personality: smart, urban, tech-savvy, opinionated and in-the-know.

Metro AR represents the first time a newspaper has developed a custom, native solution for bringing augmented reality to its product. What makes AR particularly interesting is that while it represents storytelling through the lens of mobile devices today, it is a precursor to how news and information will be distributed in the near future.

Metro's Challenge provides an opportunity for students and grads to showcase their ability to take concepts they've learned at school and bring them to bear on an exciting and evolving form of storytelling.

"The real reward lies in the feedback report that students receive as part of their participation, outlining their ranking and the competencies/skills gained through participation," says TalentEgg founder Lauren Friese about the contest."This feedback can be used for personal improvement, but more significantly, can be added to participants' resumés and LinkedIn profiles as proof and validation of their ability to translate theory learned in the classroom to real scenarios."

For more information, visit talentegg.ca/challenges and get cracking! METRO

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A kick of heat for this meat

Orange Sriracha Maple Chicken Thighs with Spring Greens. Orange juice moonlights as a tenderizer in this dish

DINNER EXPRESS
Emily Richards
food@metronews.ca

FLASH FOOD

From your fridge to your table in 30 minutes or less

Looking for some spice in your life at dinner time? Well, Orange Sriracha Maple Chicken Thighs with Spring Greens might help you feed that craving.

These smoky and spicy chicken thighs are addictive with their balance of heat and sweet.

Chicken thighs are tender and offer up juiciness and flavour while being easy to prepare thanks to Florida orange juice, which helps add flavour and tenderize the chicken for a deliciously moist bite every time.

The sweet hint of orange juice is paired with a spicy kick of sriracha chili sauce and local pure maple syrup, making this a truly great introduction for spring that could become a quick favourite.

Ingredients

- 3/4 cup (175 ml) orange juice
- 2 tsp (10 ml) smoked paprika
- 2 large cloves garlic, minced
- 1 tsp (5 ml) dried oregano or 1 tbsp (15 ml) chopped oregano
- 1/4 cup (60 ml) sriracha chili sauce
- 3 tbsp (45 ml) pure maple syrup
- 2 lbs (1 kg) boneless skinless chicken thighs (about 12)

Spring Green Toss

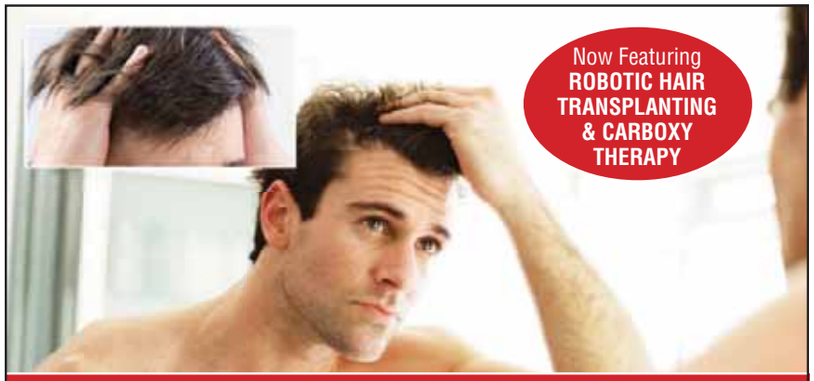
- 1 pkg (142 g) mixed spring greens
- 1 tbsp (15 ml) canola oil
- 2 tbsp (30 ml) white wine vinegar
- 1 tbsp (15 ml) orange juice
- Pinch each dried oregano, salt, pepper

1. In a large resealable bag, combine orange juice, paprika, garlic, oregano, chili sauce and maple syrup. Add chicken; seal bag and turn to massage chicken evenly. Refrigerate for at least one hour or up to overnight.

2. Place chicken on oiled, preheated grill over medium heat, turning once or twice for 10 to 15 minutes or until no longer pink inside and juices run clear.

3. Spring Green Toss: In a large bowl, toss greens with oil, vinegar, Florida orange juice, oregano, salt and pepper and serve with chicken.

This recipe makes eight servings. FLORIDA DEPARTMENT OF CITRUS



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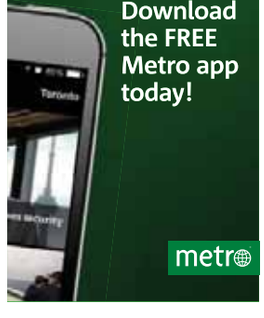

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metro

Scan this image with your Metro News app to view a gallery of memorable moments from the Mike Gillis era in Vancouver.

CFL

Lions re-sign DB Ryan Phillips

Ryan Phillips, a nine-year Canadian Football League veteran defensive back and co-leader of spontaneous on-field TV timeout dances, has signed a contract extension with the B.C. Lions.

The Lions officially announced the deal on Tuesday. Phillips is entering his 10th season in the league and with the Leos. The new deal keeps him with B.C. through the 2016 season.

In nine seasons, the 31-year-old Phillips has 37 interceptions. He's also a four-time West Division and CFL all-star.

"I cannot say enough about Ryan's leadership and accomplishments during his time as a Lion," said head coach Mike Benevides in a statement.

"He's been with us for the better part of a decade and we will be leaning on him not only as a key component of our defence, but also as part of our core leadership group." METRO

Tennis

Canada at home for Davis Cup

Canada will have home-court advantage in its bid to stay among the world's best tennis countries.

Canada will host Colombia in a Sept. 12-14 tie, with the winner starting Davis Cup play in the World Group next year.

The location of the best-of-five competition has yet to be announced, but hosting the tie is a definite advantage for Canada, says the team captain. THE ASSOCIATED PRESS

Fans get their way with Gillis fired

NHL. Canucks will miss the playoffs for first time during ex-GM's six-year reign

CAM TUCKER
cam.tucker@metronews.ca

Three years ago, Mike Gillis won the General Manger of the Year Award after the Vancouver Canucks made it to within one win of the Stanley Cup. On Tuesday, he was fired.

The Canucks, a franchise in turmoil as this tumultuous season has progressed to the point where they are no longer in the playoff race, announced shortly before noon on Tuesday that Gillis has been relieved of his duties as the team's president and general manager.

Francesco Aquilini, chairman of Canucks Sports and Entertainment, is scheduled to speak with reporters at Rogers Arena at 10:30 a.m. on Wednesday. The Canucks had a team day off on Tuesday.

"The Vancouver Canucks had success under Mike's leadership, and we nearly reached our ultimate goal; but I believe we have reached a point where a change in leadership and new voice is needed," Aquilini said in a statement.

The Canucks were officially ousted from playoff contention courtesy a shut out loss on home ice to the Ducks. Late in the game, fans — those still left, anyway — began a "Fire Gillis" chant.

They got their wish just hours later.

The Canucks have been going downhill since the start of January, winning just 12 times over the last three months.

The team's style of play under new head coach John Tortorella has fallen under criticism from fans and media.

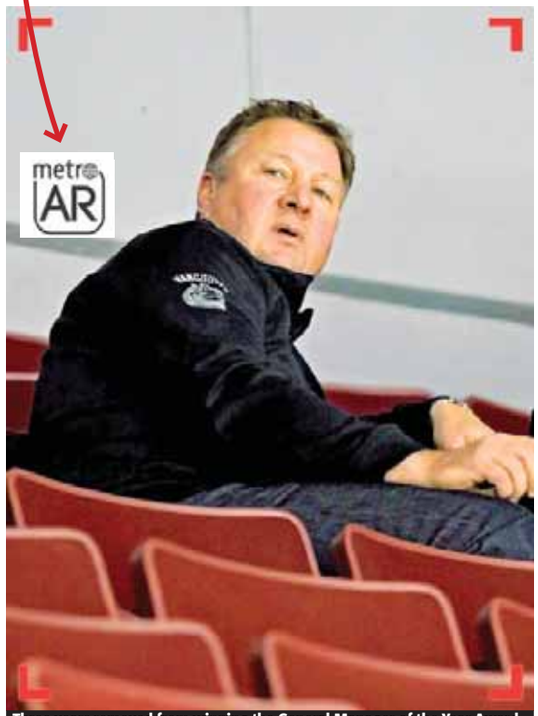
Tortorella has offered the rebuttal that the team, which has been gone through a plethora of injuries to top players like Daniel and Henrik Sedin, Alex Burrows and Ryan Kesler, simply isn't deep enough.

Last Thursday, Gillis took to Team 1040 radio and spoke candidly about the team's problems. Dive deeper into his comments, and it was like he offered the organization an ultimatum: him or the coach.

The coach remains — for now.

"If people don't want to get onside with how I view this team and how it's supposed to play, then they won't be here," said Gillis.

Follow Cam Tucker on Twitter @camtucker_metro



Three years removed from winning the General Manager of the Year Award, Mike Gillis was fired by the Canucks on Tuesday. DARRYL DYCK/THE CANADIAN PRESS

Rumour has it...

Linden's name thrown in mix to run Canucks

The rumour mill began turning furiously on Tuesday, as the Canucks fired general manager and president Mike Gillis. Here are the more intriguing ones:

- **For president —** former Hockey Canada CEO Bob Nicholson; former Canucks forward Trevor Linden.
- **For general manager —** former Tampa Bay Lightning and Calgary Flames GM Jay Feaster, who previously worked with coach John Tortorella in Tampa Bay.

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2014 BMW 2-series Coupé

- **Type.** Two-door, rear-wheel drive four-passenger coupe
- **Engines (hp).** 2.0-litre DOHC I4, turbocharged (241); 3.0-litre DOHC I6, turbocharged (320)
- **Transmissions.** 8-speed automatic; 6-speed manual (opt.)
- **Base price (incl. destination).** $38,100

Design

Although similar to the outgoing 1-series coupe, the 2-series is actually more than five centimetres longer, 2.5 centimetres wider and it has a bit more space between the front and rear wheels. Thankfully, the dimensional enlargements are minimal, but the revised shape of the 2-series, especially a more elongated nose, sloping roofline and rear deck, result

in a more attractive shape. For diehard BMW spotters, the larger grille and lower air intakes are the most noticeable ways to tell if the basic Bimmer you're checking out is a 2 or a 1.

Fuel consumption

If fuel consumption is a consideration, the 228i is rated at 8.7 l/100 km in the city and 5.4 on the highway (improved from 10.8/7.0 for the 128i). The M235i's numbers are 10.0 city and 6.4 highway. Note that both models require premium fuel.

Basic features

Just because the 228i is the base 2-series doesn't mean it's stripped-down. Base equipment includes climate control, auto stop/start function, multi-adjustable (non-power) front seats, rain-sensing windshield wipers and a premium audio system.

2015 BMW 2-series Coupé

PHOTOS: WHEELBASEMEDIA.COM

Compare

1 Audi TT Coupé
Base price: $51,500
Solidly built, with a choice of two turbo engines. AWD comes standard.

2 Mercedes-Benz CLA
Base price: $36,400
Entry-level coupe-like sedan is new for 2014. AMG version is quick.

3 Honda Accord Coupe
Base price: $28,200. Cool two-door is affordable, even with optional 278-hp V6.

Review. BMW goes back to its roots to refine and redefine the concept of a pure sporting machine

MALCOLM GUNN
wheelbasemedia.com

BMW knows exactly how to position the new 2-series Coupé.

A photo on the automaker's website shows the car running neck and neck with the iconic 2002 coupe that was produced from 1968-'76. It's a comparison worth pondering as the 2002 was a benchmark sporty car, a pure one at that, for the company. An even more interesting comparison is with the new 2014 4-series Coupé. Both models offer the same powertrains, but the 2-series base price is $8,900 cheaper, at $38,100. The smaller 2-series is also about 90 kilograms lighter, which should make it quicker off the line and more nimble.

The 4-series does offer more cabin space than the 2-series and the 4 can be had with BMW's xDrive all-wheel drive system that's ideal for anyone making frequent excursions to the ski slopes.

Still, driving enthusiasts on a budget or who those prefer a more minimalist approach to tackling twisty back roads are likely to find the 2-series fits their needs like a well-worn pair of driving gloves.

The dashboards, control panels, floor consoles and dash-mounted display screens in both old and new appear quite similar. To the 2-series, however, BMW did add a bit more trim and enlarged the iDrive controller knob (that adjusts the climate, audio and communications systems) for easier use.

For stashing your gear, the trunk is slightly larger than that of the 1-series and the back seat can be split-folded for extra space.

Under the hood of the base 228i is a turbocharged 2.0-litre four-cylinder that makes 241 horsepower and 258 pound-feet of torque. It's the same engine that powers several other BMW models, including the base 4-series Coupé. The base engine in the 1-series was a non-turbo 230-horsepower four-cylinder.

Step up to the M235i Coupe and your right foot controls a turbocharged 3.0-litre six-cylinder engine with 320 horsepower and 330 pound-feet of torque.

Ultimately, what's neat about the 2-series is that it's the least expensive way to obtain a BMW, yet you're guaranteed to get the same kick for your money as with many of the company's pricier products. Talk about driving a bargain.

Horoscopes

♈ Aries
March 21 - April 20
If you want a straight answer to a simple question, you may be disappointed. Others are so evasive today. Maybe they have something to hide but more likely their thoughts are simply all over the place.

♉ Taurus
April 21 - May 21
Make sure you keep track of where your money is coming from and, just as importantly, where it is going to, over the next few days. Someone may conveniently "forget" what they owe you.

♊ Gemini
May 22 - June 21
Some people may be loud in their opposition to what you intend to do but don't let it worry or stop you. They will come round when they see how well you are doing.

♋ Cancer
June 22 - July 23
Don't push yourself beyond your natural limits today. You may want to look good, but how good will it look if you collapse before the finishing line? Pace yourself.

♌ Leo
July 24 - Aug. 23
Others may have doubts about what you are doing but you have no doubts at all and will push ahead regardless. The Sun in Aries endows you with loads of energy and almost limitless self-belief.

♍ Virgo
Aug. 24 - Sept. 23
If someone is critical of your work today, don't let it get to you. Either they don't know what they are talking about or they are trying to make a small flaw or failing look much bigger than it actually is.

♎ Libra
Sept. 24 - Oct. 23
Whatever happens today, try not to take it too seriously. Others may think it's the end of the world, but you know it's nowhere near as dramatic as that. It's life, that's all.

♏ Scorpio
Oct. 24 - Nov. 22
Focus on what seems right to you and ignore what the so-called "experts" tell you. Ultimately there is no such thing as facts. There are only various shades of opinion Yours deserve to be heard.

♐ Sagittarius
Nov. 23 - Dec. 21
The more certain people say you have taken on too much, the more determined you will be to prove them wrong. Sagittarius is a sign that likes to do things in a big way.

♑ Capricorn
Dec. 22 - Jan. 20
Steer clear of negative thoughts because once they have got their hooks in you, it will take a lot of work to break free. Everything will work out for the best in the end.

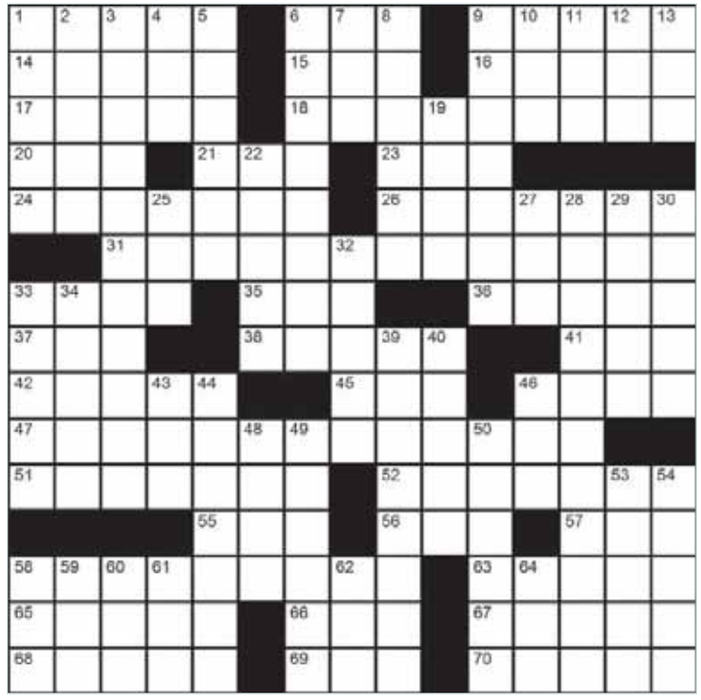
♒ Aquarius
Jan. 21 - Feb. 19
If you want a creative endeavor to be a success, you are going to need help and this is a good time to ask. Others want to be on your team because they know it's the one most likely to win.

♓ Pisces
Feb. 20 - March 20
If someone changes their plans at the last moment today, don't let it show that you're not happy. Breath deeply, count to 20, then give them a big smile and say "no problem". And never trust them again. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



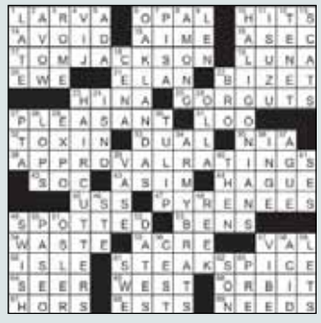
Across

1. Packed into boxes
6. Goat's bleat
9. Art object
14. Quick
15. Alphabetic trio
16. Best
17. Grief [var. sp.]
18. In a not-one-side-over-the-other way
20. Earlier, olde-style
21. Shopping estab.
23. Sinn Fein was its political arm, for short
24. "Soul Sacrifice" band
26. Ontario town; or, Ms. Lohan
31. Orca-viewing village on Vancouver Island that's about four-and-a-half hours north of Nanaimo: 2 wds.
33. Scoop
35. Him, in Hull
36. Ghana's capital
37. Masses, with Polloi
38. Resulted in, __ __ to
41. '_' __ for Iberville
42. Mr. Guthrie's
45. __ whim: 2 wds.
46. Freeze
47. Trendy (and bloody) new skincare procedure in a cosmetic surgery clinic: 2 wds.
51. Heart
52. Feminine and masculine
55. Long-snouted fish
56. Clairvoyance, e.g.
57. Sight: French
58. Exactness
63. "_ __ my case." (There's nothing more to add)
65. Plains prey
66. Keyboard key
67. Today: April __, Two Thousand and Fourteen
68. BC - Haida Gwaii: UNESCO World Heritage Site, __ Gwaay
69. Mr. Orbison
70. Ms. Perry's

Down

1. Pl. suffix with 'Motor'
2. Ancient shopping locale
3. Fare for Canada's Mary Pickford (b.1892 - d.1979): 2 wds.
4. Brit band
5. Of the skin
6. Romeo's family, House of __
7. Copy
8. 'Eagle' constellation where Altair shines
9. Flesh-chomping fish
10. __ Red (Apple)
11. Snake-like splasher
12. Dietary number, for short
13. Cathedral city
19. Journey
22. Sad-sounding ring
25. Mr. Fabi of car racing
27. Ancient Rome's 700
28. Party or wedding, for example: 2 wds.
29. Ms. Lavigne
30. Loaf leavener
32. Get __ __ (Throw away)
33. "_ __ something to say..."
34. Ms. Ephron's
39. Montreal-based ICAO, for one: 2 wds.
40. Strides
43. Unclose, archaically
44. Celine Dion's skill
46. Fooled
48. Some TVs
49. More spooky
50. "Pretty __ __" (1986) starring Molly Ringwald
53. Oxidized
54. Mr. Rogen's
58. "Downton Abbey" network
59. 18-wheeler
60. That, in Tijuana
61. Defraud
62. Bear: Spanish
64. Narrow inlet

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

					6	8	4	
3		7	1			6		
				9				
4							9	2
5	8		3		2		7	6
6	1							4
				6				
		6			3	2		7
	5	8	9					

Yesterday's Sudoku

5	4	6	2	8	9	3	7	1
9	1	3	4	5	7	6	8	2
8	7	2	3	1	6	4	9	5
6	3	5	1	9	2	8	4	7
4	9	1	7	6	8	5	2	3
2	8	7	5	3	4	9	1	6
3	2	8	6	4	1	7	5	9
7	5	4	9	2	3	1	6	8
1	6	9	8	7	5	2	3	4

Today
12°/6°
Partly cloudy

Thursday
12°/7°
Variable

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